

PREVENTIVE CARE FOR YOUNG CHILDREN

15-18 MONTHS

Nutrition and feeding

- ★ whole milk until 2 years
- ★ encourage feeding self
- ★ offer 3 meals, 3 snacks each day
- ★ offer nutritious food; let toddler decide how much to eat; "food jags" are common
- ★ share dinner time with family
- ★ limit fats and sweets
- ★ caregivers are role models for kids; develop good food habits yourself.

Growth and development

- ★ walks without holding on
- ★ creeps upstairs, jumps in place; throws ball
- ★ kneels without support
- ★ points to body parts
- ★ imitates parents; loves to set table and "help out"
- ★ stacks blocks
- ★ understands simple instructions
- ★ uses 15-20 words
- ★ uses spoon and cup

Safety and injury prevention

- ★ use car seats properly in the back seat; is everybody using seat belts?
- ★ begin to teach water safety
- ★ safety-proof home; no exposed cords, cover outlets; medicines and hazardous materials up and out of reach
- ★ supervise all outdoor play
- ★ assure smoke free environment
- ★ install/check smoke alarms; establish family fire drills
- ★ limit sun exposure; use sunscreen
- ★ turn pan handles toward back of stove
- ★ put crib mattress on lowest level
- ★ use gates at top and bottom of stairs
- ★ supervise child around moving machines, garage doors and pets
- ★ keep Ipecac in home; know Poison Control number 1-800-Poison-1 (1-800-764-7661)
- ★ check expiration date on medication
- ★ make sure old refrigerators/freezers are locked

Toddlers enjoy

- ★ building blocks, wooden blocks
- ★ nesting toys
- ★ large crayons, water-based felt-tip pens; finger paints
- ★ picture books; toy phone
- ★ push/pull toys
- ★ kickball
- ★ toy vacuum
- ★ doing things with family (zoo, park, walks, etc.)
- ★ climbing

(15-18 months, continued)

Health teachings

- ★ supervise brushing teeth; continue caregivers "follow-up"; use pea size amount of toothpaste
- ★ teething; expect chewing on fingers/ toys with increased drooling; thumb sucking common
- ★ discourage toilet training
- ★ avoid over-the-counter drugs without doctor's advice
- ★ set limits; use distraction, gentle restraints, time out (1 min./year of life); for unwanted actions
- ★ sleep problems common and probably related to separation fears
- ★ develop bedtime rituals; same time, quiet activity
- ★ toddlers will touch their own bodies; caregivers' attitudes will influence the child's attitude and should be accepting
- ★ don't smoke around child
- ★ learn CPR and first aid
- ★ wash adult's and toddler's hands after diapering

Family issues

- ★ discuss attitudes about behavior and discipline
- ★ encourage family involvement in care of toddler
- ★ work toward family agreement in discipline and limits
- ★ try to spend individual time with each family member, limit television and watch selected programs with child
- ★ locate additional child care services
- ★ recognize need of older children to have time/toys/ space of own
- ★ violence potential; handle anger appropriately
- ★ watch for neglect or abuse
- ★ may need extra support, e.g., divorce, disability, income issues, grief, transportation
- ★ exercise or participate in physical activities as a family

**REMEMBER: Everyone wash hands
(Adults and Children)**

Questions? Contact:

- ✧ Local Community Health Services Office
- ✧ Local Family Resource List
- ✧ Head Start
- ✧ Resources for Family - Provider Information Line 1-800-529-5000
- ✧ SD Department of Health 1-800-738-2301
- ✧ Health Care Provider